What is claimed is:

1. A method of chemical mechanical polishing a wafer, the method comprising:

forming an optical property modifying layer on a surface of a feature of interest disposed on a wafer;

removing material from the wafer using a chemical mechanical polishing process;

directing light onto a surface of the wafer and using light reflected from a surface of the wafer to determine when the optical property modifying layer has been reached; and

stopping the chemical mechanical polishing process in response to the determination that the optical property modifying layer has been reached.

- 2. The method of claim 1, wherein the optical property modifying layer comprises:
- a layer of a material which is optically different from the material of the feature.
- 3. The method of claim 1, wherein the optical property modifying layer comprises:

an oxide of the material of the feature.

4. The method of claim 1, wherein the optical property modifying layer comprises:

a tarnish layer.

- 5. The method of claim 1, wherein the optical property modifying layer comprises:
- a material that responds differentially to radiation of different wavelengths.
- 6. The method of claim 1, wherein the optical property modifying layer has a thickness ranging from 50 Å to 1 μm .
 - 7. The method of claim 1, further comprising:

depositing a dielectric layer over the optical property modifying layer, wherein said dielectric layer comprises an oxide.

- 8. The method of claim 1, wherein the feature of interest comprises one of: Cu or NiFe.
- 9. The method of claim 8, wherein the feature of interest comprises NiFe and the optical property modifying layer comprises copper.
- 10. The method of claim 8, wherein the feature of interest comprises Cu and the optical property modifying layer comprises NiFe.
 - 11. The method of claim 1, further comprising:

forming optical property modifying layers of different thicknesses and using the thicknesses to self-calibrate the process and improve endpoint accuracy.

- 12. The method of claim 1, wherein the optical modifying layer comprises a material selected from the group consisting of: CoNiFe, FeCo, and FeCo-alloys.
- 13. The method of claim 1, wherein the optical modifying layer is formed using a zincating or phosphating process.
 - 14. The method of claim 1, further comprising:

using optical endpoint dummy structures on the wafer to improve signal/noise ratio of the optical signal.

15. A wafer for use in manufacturing a magnetic recording head, the wafer comprising:

a substrate;

a pattern including an optical property modifying layer on a surface of a feature of interest supported by the substrate; and

a dielectric layer positioned on the optical property modifying layer.

16. The wafer of claim 15, wherein the optical property modifying layer comprises:

a layer of a material which is optically different from the material of the feature.

17. The wafer of claim 15, wherein the optical property modifying layer comprises:

an oxide of the material of the feature.

18. The wafer of claim 15, wherein the optical property modifying layer comprises:

a tarnish layer.

- 19. The wafer of claim 15, wherein the optical property modifying layer comprises:
- a material that responds differentially to radiation of different wavelengths.
- 20. The wafer of claim 15, wherein the optical property modifying layer has a thickness ranging from 50 Å to 1 $\mu m.$
 - 21. The wafer of claim 15, further comprising:

depositing a dielectric layer over the optical property modifying layer, wherein said dielectric layer comprises an oxide.

- 22. The wafer of claim 15, wherein the feature of interest comprises one of: Cu or NiFe.
- 23. The wafer of claim 22, wherein the metal comprises NiFe and the optical property modifying layer comprises copper.
- 24. The wafer of claim 22, wherein the metal comprises Cu and the optical property modifying layer comprises NiFe.
- 25. The wafer of claim 15, wherein the optical modifying layer comprises a material selected form the group consisting of: CoNiFe, FeCo, and FeCo-alloys.
- 26. The wafer of claim 15, wherein the optical modifying layer is formed using a zincating or phosphating process.
 - 27. The wafer of claim 15, further comprising: optical endpoint dummy structures on the wafer.